



Friendship Heights

VILLAGE NEWS

JANUARY 2004

301-656-2797

VOLUME 18, NO. 8



The thrill of
Charles Town
see page 3

Village bids farewell to Martin Kuhn

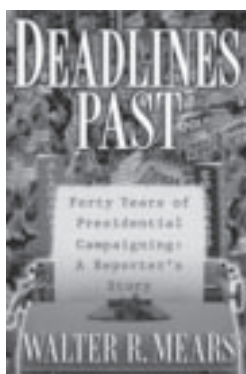
Martin Kuhn, former Village Council member and founder and publications consultant for the *Village News*, died Nov. 16, after battling lung cancer. He was 74. A memorial service was held on Nov. 30 at the Village Center, where friends and family recalled fond memories of Martin's life and work.

He served as a Village Council member from 1987 to 1997, holding the positions of Secretary, Treasurer, Historian and Vice Chairman. He created and maintained the Village's website from 1997 to 2003, and he was the official photographer at many



Village events. Many of his best photos adorn the walls of the Village Center, including pictures of the Center under construction in the spring of 1986.

Indeed, Martin was a man of many talents, but he will always be remembered by this community for his beloved creation, the *Friendship Heights Village News*. In the spring of 1986, Martin envisioned a publication that would highlight programs and events each month at the Center. He wanted the newsletter to be something residents would eagerly anticipate and enjoy reading. Clearly, his vision has been fully realized and will continue into the future. Martin will be greatly missed.



Pulitzer Prize-winning reporter to speak at Center

Walter Mears will discuss his book, *Deadlines Past: Forty Years of Presidential Campaigning: A Reporter's Story*, at the Village Center on **Thursday, Jan. 29, at 7:30 p.m.**

Mr. Mears, an Associated Press legend, reported on national politics from 1960 to 2001 and was said to be the most influential political writer of his time because his AP stories appeared in virtually every American daily newspaper. He received the Pulitzer Prize for national reporting in 1977 for his coverage of the 1976 presidential campaign and election. Speaking just two days after the New Hampshire primary, Mr. Mears will surely have many interesting insights into the 2004 election.

Please sign up in advance, as seating will be limited. Call the Village Center at 301-656-2797 to register. Copies of the book, provided by Politics and Prose Bookstore, will be available for sale.

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Welcome the New Year with The Landon Symphonette

Please join us for a very special holiday program featuring some of the most talented young performers in the Washington area. Members of the Landon Symphonette will perform **Saturday, Jan. 3, from noon to 1 p.m.** at the Village Center. The symphonette is a unique group of talented musicians from Landon School and other area schools playing together with professionals in a mentoring relationship.

The program will include Vivaldi's Concerto for Two Violins in A-Minor Op. 8 No. 3, performed by Brendan Shea and Jenny Lum; Guitar Concerto in D-Major RV 93, also by Vivaldi, performed by Giorgia Cavallaro; and Bach's B-Minor Flute Suite BWV 1067m performed by Christine Edewaard.

Admission is free, but space is limited. Please call the Village Center at 301-656-2797 to ensure seating.

Let's Sing, Dance, and Play

Adventure Theatre offers class for toddlers, pre-K kids



Glen Echo's Adventure Theatre is pairing with the Friendship Heights Village Council to offer a 10-week program of singing, dancing and storytelling for children. The program, designed to promote dramatic expression, begins **Jan. 9 and continues each Friday through March 12, from 10 to 10:45 a.m.** at the Village Center. This course is designed for children ages 2 1/2 to 5. Using songs and games, children will delight in learning finger plays, rhymes, and simple dance movements. At least one adult must accompany every two to three children. **The cost of the 10-week session is \$95, payable to Adventure Theatre.** A minimum of 12 children is required for the class. Sign-ups begin immediately. Space is limited and this class usually fills quickly, so sign up soon. For additional information, call the Village Center at 301-656-2797.

www.erols.com/friendshiphtsvillage

The Village News is a publication of the Village Council, the elected governing body of the Special Tax District of the Village of Friendship Heights, 4433 South Park Avenue, Chevy Chase, MD 20815, **301-656-2797**. The newsletter is produced through the cooperative efforts of volunteers, Council members, and Village staff.

Advertising

The deadline for reserving space for the February issue is January 5. For suggestions about news items or information on advertising rates, call 301-656-2797. Acceptance of advertising does not represent endorsement by the Village of Friendship Heights for any product or service, nor is the Village of Friendship Heights responsible for representations made by advertisers.

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Escape the chill, head to Charles Town

Join us for a day of racing and slots when we travel to Charles Town on **Sunday, Jan. 25**. Home of the famous West Virginia Breeders' Classic, Charles Town Races offers horse racing and slots, less than two hours from Washington. We'll depart the Village Center at 10:30 a.m. and arrive in time for brunch on the Skyline Terrace. Brunch includes omelets made to order, bacon, sausage, home fries, French toast, rotisserie chicken, steamship round, baked ham, mashed potatoes and gravy, fruit, pastries, bagels and more. After a sumptuous brunch buffet, you can bet on the ponies or try your luck at the numerous gaming machines.

You'll also find all the newest games, the hottest action, the most exciting reel and progressive slots, and the best of video poker, blackjack, and keno. You'll have hundreds of the latest three-coin machines, dollar games galore, and a brand-new array of Five-Dollar Slots to choose from.

We should return to Friendship Heights by 6:30 p.m.

The cost of the trip is \$49, which includes transportation, admission to the park, buffet brunch and all taxes and gratuities. Sign up immediately at the Village Center. For additional information, call the Village Center at 301-656-2797.

Free Tax Assistance begins in February

Tax time will be here before you know it. Free tax assistance will be available again this year at the Friendship Heights Village Center. Federal and Maryland tax counseling will be offered on Fridays, from **Feb. 6 to April 9**.

The IRS-AARP-Montgomery County tax program will be held every Friday from 9 a.m. to noon and from 1 to 4 p.m. The service is available to anyone who has uncomplicated returns. An appointment is required; no walk-ins will be accepted. Please call 301-468-4179 between 9 a.m. and 3 p.m. to schedule an appointment.

Wearable What?

Join us for a unique informal fashion show and tea on **Wednesday, Feb. 11, at 3p.m.** at the Village Center.

The show will feature handmade clothing and accessories by local artists. Check the February Village News for more details.

A trip to the Corcoran and La Chaumiere

Join us on **Monday, Jan. 5** for a docent-led tour of the Corcoran's "Beyond the Frame: Impressionism Revisited - The Sculptures of J. Seward Johnson, Jr." and then a delicious lunch at one of Washington's best restaurants, La Chaumiere.

The current exhibit at the Corcoran includes 20 of the artist's three-dimensional recre-

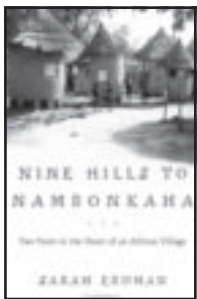
ations of famous impressionist paintings. Imagine walking into Van Gogh's "Bedroom" or sitting at Renoir's "Luncheon of the Boating Party" or seeing the back of Manet's "Olympia."

Please choose (when you sign up) your three courses: baked onion soup or house salad for a starter; trout with almonds, steak with fries, or fish stew with clams,

scallops and shrimp as an entrée; and, crème brulee, chocolate mousse or trio of sorbets with raspberry sauce for dessert. Tea and coffee are included; soft drinks and wine are extra.

We will depart the Center at 9:45 a.m. and be home by 2:30 p.m. The cost of the trip is \$53 and includes transportation, docent-led tour, lunch, and all gratuities.

Two years in a West African village



Sarah Erdman was assigned in 1998 as a Peace Corps community development leader to a village in the Ivory Coast where sorcerers still conjure magic and women grind corn with pestles. As she learned the local customs and gained the trust and friendship of the villagers, she went from teaching basic first aid and nutrition to birth control and AIDS prevention education. Meet Ms.

Erdman at the Village Center on **Thursday, Jan. 22, at 7:30 p.m.**, and hear her talk about bushrat stew, wed-

ding festivals, and witch doctors.

In her book, *Nine Hills to Nambonkaha*, the author describes the extraordinary challenges she faced and the people who became her friends. *The Washington Post* wrote that Ms. Erdman is "an uncommonly talented writer" who has "the eye of a social scientist and the ear of a poet."

Please sign up in advance, as seating will be limited. Call the Village Center at 301-656-2797 to register. Copies of the book will be available for sale.

Survival in the symphony orchestra

Ken Pasmanick, former first bassoonist in the National Symphony Orchestra, will discuss his experiences traveling around the world with the NSO at the Village Center on **Monday, January 12, at 1 p.m.**

Mr. Pasmanick is a volunteer instructor for Himmelfarb Mobile University program and donates his fee to the Jewish Social Services Agency. The program is free, but please register if you plan to attend. Call the Village Center at 301-656-2797.

An afternoon with Frederick Moyer

During more than 20 years as a full-time concert pianist, Frederick Moyer has established a unique musical career that has taken him to more than 41 countries. On **Thursday, Feb. 5**, he will bring his music to the Village Center a **1 p.m.** concert.

His 20 recordings on the Biddulph, GM, and JRI labels comprise works by more than 30 composers and reflect his affinity for a wide variety of styles. His enthusiasm, exacting artistry, and adventurous programming has made him a favorite among audiences of all ages. This event is free, but please call the Village Center at 301-656-2797 if you plan to attend.

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Library of Congress archivist to speak at Center

The American Folklife Center at the Library of Congress holds the largest archive in the country of folksongs and traditional music. Between 1890 and the present day, folklore fieldworkers have been busy collecting and preserving folksongs from across the country and around the world, and the Library of Congress has preserved this cultural treasure.

Michael Taft, head of the Archive of Folk Culture, will present a program entitled "Preserving Our Traditions: Folksong Treasures at the Library of Congress," at the Village Center on **Friday, Jan. 30, at 1 p.m.** Mr. Taft will describe the collecting of folksong and will play selections from the collection.

There is no charge for the lecture, but please call 301-656-2797 to let us know if you plan to attend.

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The Da Vinci Code lecture rescheduled

Rev. Melinda Reed, associate minister at Westmoreland Congregational Church, will lead a discussion of the theological and historical questions raised by the bestseller, *The Da Vinci Code*, on **Monday, Feb. 2, at 1 p.m.** at the Village Center.

Melinda is a former Episcopal nun. She has served as chaplain at the Washington Hospital Center and Children's Hospital. She has also served as Hospice Chaplain in Northern Virginia.

There is no charge for the lecture, originally scheduled for Dec. 1, but please call 301-656-2797 to let us know if you plan to attend.



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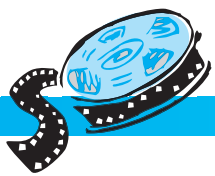
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o n t h e b i g s c r e e n

Playing in January on the big screen

Enjoy fresh popcorn during these free video presentations

Thursday, Jan. 1, 2 - 4 p.m. — New Year's Day Open House.

Thursday, Jan. 8, 7:15 p.m. — Seabiscuit. Tobey Maguire and William H. Macy star in this factual account of the legendary racehorse, Seabiscuit. Jeff Bridges plays Charles Howard, an entrepreneur who owns the unlikely racehorse. Howard teams with the partially blind boxer-turned-jockey Red Pollard and horse trainer Tom Smith, played by Oscar-winning actor Chris Cooper. Together, the three work to help the famed horse to several symbolic victories that

helped to inspire a downtrodden 1930s America. Rated PG-13. Running Time: 140 minutes.

Thursday, Jan. 15, 7:30 p.m., — Café Muse, see page 14 for details.

Thursday, Jan. 22 — No Movie— Booksigning with Sarah Erdman.

Thursday, Jan. 29 — No Movie—Booksigning with Walter Mears.

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friendship gallery

American Pen Women to exhibit art and literature at Friendship Gallery

The Chevy Chase branch of the National League of American Pen Women (NLAPW) will exhibit at the Friendship Gallery during the month of January. Art, books, and poetry will be on display.

The NLAPW is a nonprofit organization that promotes development of the creative talents of

professional women in the arts. It was founded in 1897 as an alternative to the National Press Club, which at that time was exclusively for men.

The show runs from January 4 to 31. All are invited to meet the artists at a reception on **Sunday, Jan. 11, from 11:30 a.m. to 1:30 p.m.**

Exhibit hours are Monday through Thursday, 9 a.m. to 9 p.m.; Friday, 9 a.m. to 5 p.m.; and Saturday and Sunday, 9 a.m. to 2 p.m. Artwork in the auditorium is occasionally not available for viewing because of certain activities in that room. Please check with the front desk receptionist when you arrive.



"Flugel Horn Blowing in the Wind" and "Sax Player" from the jazz series by Edna Searles

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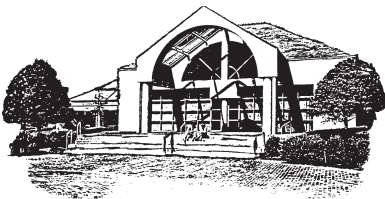
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Friendship Heights
Village Center



Calendar
of Events 2004

J A N U A R Y						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Village Council meetings are held the second Monday of each month at 8 p.m. at the Village Center. The next meeting will be Monday, January 12 . The agenda for the meeting is sent to the manager of each building in the Village the week before the meeting with the request that it be posted.				1  New Year's Open House 2 to 4 p.m.	2 10:30 a.m.: Coffee and Current Events	3 8:15 a.m.: Walking Club 9:15 a.m.: YMCA Yoga demo 12 p.m.: Landon Symphonette 1 – 5 p.m.: Blind Faith School
4 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers 11:30 a.m.: Bones for Life	5 9:15 a.m.: Fit-4-Ever 9:45 a.m.: Depart for Corcoran 10 a.m.: Great Books 10:30 a.m.: Drop-in Tai Chi 11:30 a.m.: Strength Training 2:30 p.m.: Drawing and Painting	6 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 10:30 a.m.: Tai Chi Extra 1 - 2:45 p.m.: Blood Pressure Screening 3 - 4 p.m.: Tea 3 - 5 p.m.: Suburban Nurse Specialist 6 p.m.: Dance N' Tone 7 p.m.: Mat Pilates	7 9:15 a.m.: Fit-4-Ever 10:15 a.m.: Yiddish 11 a.m.: Strength Training 7:30 p.m.: Concert: Harp and Piano with Silvio Solis	8 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 10 a.m.: Still Life Painting 6 p.m.: Dance N' Tone 6:30 p.m.: Scrabble 7:15 p.m.: Movie: Seabiscuit	9 10 a.m.: “Ready, Set, Sing” 10:30 a.m.: Coffee and Current Events	10 8:15 a.m.: Walking Club 9:15 a.m.: YMCA Yoga 1 – 5 p.m.: Blind Faith School
11 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers 11:30 a.m. – 1:30 p.m.: Art Reception 11:30 a.m.: Bones for Life	12 9:15 a.m.: Fit-4-Ever 10 a.m.: Great Books 10:30 a.m.: Drop-in Tai Chi 11:30 a.m.: Strength Training 1 p.m.: “Survival in the Symphony Orchestra” 2:30 p.m.: Drawing and Painting 8 p.m.: FRIENDSHIP HEIGHTS COUNCIL MEETING	13 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 10:30 a.m.: Tai Chi Extra 1 - 2:45 p.m.: Blood Pressure Screening 3 - 4 p.m.: Tea 3 - 5 p.m.: Suburban Nurse Specialist 6 p.m.: Dance N' Tone 7 p.m.: Mat Pilates	14 9:15 a.m.: Fit-4-Ever 10:15 a.m.: Yiddish 11 a.m.: Strength Training 1 p.m.:Health Insurance Counseling 1p.m.:Suburban Lecture: Respiratory Ailments 7:30 p.m.: Concert: Machaya Klezmer	15 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 10 a.m.: Still Life Painting 6:30 p.m.: Scrabble 6 p.m.: Dance N' Tone 7:30 p.m.: Café Muse	16 10 a.m.: “Ready, Set, Sing” 10:30 a.m.: Coffee and Current Events	17 8:15 a.m.: Walking Club 9:15 a.m.: YMCA Yoga 1 – 5 p.m.: Blind Faith School
18 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers 11:30 a.m.: Bones for Life	19 Martin Luther King's Birthday Center Open 9 a.m. – 2 p.m. 9:15 a.m.: Fit-4-Ever 10 a.m.: Great Books 10:30 a.m.: Drop-in Tai Chi 11:30 a.m.: Strength Training	20 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 10:30 a.m.: Tai Chi Extra 1 - 2:45 p.m.: Blood Pressure Screening 3 - 4 p.m.: Tea 3 - 5 p.m.: Suburban Nurse Specialist 6 p.m.: Dance N' Tone 7 p.m.: Mat Pilates	21 9:15 a.m.: Fit-4-Ever 10:15 a.m.: Yiddish 11 a.m.: Strength Training 7:30 p.m.: Concert: Sarabande	22 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 10 a.m.: Still Life Painting 6 p.m.: Dance N' Tone 6:30 p.m.: Scrabble 7:30 p.m.: Book Signing with Sarah Erdman	23 10 a.m.: “Ready, Set, Sing” 10:30 a.m.: Coffee and Current Events	24 8:15 a.m.: Walking Club 9:15 a.m.: YMCA Yoga 1 – 5 p.m.: Blind Faith School
25 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers 10:30 a.m.: Depart for Charles Town	26 9:15 a.m.: Fit-4-Ever 10: a.m. - 2 p.m.: MVA Mobile Office 10 a.m.: Great Books 10:30 a.m.: Drop-in Tai Chi 2:30 p.m.: Drawing and Painting	27 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 10:30 a.m.: Tai Chi Extra 1 - 2:45 p.m.: Blood Pressure Screening 2 p.m.: RSVP Knitters 3 - 4 p.m.: Tea 3 - 5 p.m.: Suburban Nurse Specialist 6 p.m.: Dance N' Tone 7 p.m.: Mat Pilates	28 9:15 a.m.: Fit-4-Ever 10:15 a.m.: Yiddish 11 a.m.: Strength Training 1 p.m.:Health Insurance Counseling 7:30 p.m.: Concert: Li-Ly Chang	29 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 10 a.m.: Still Life Painting 6 p.m.: Dance N' Tone 6:30 p.m.: Scrabble 7:30 p.m.: Book Signing with Walter Mears	30 10 a.m.: “Ready, Set, Sing” 10:30 a.m.: Coffee and Current Events 12:15 p.m.: Sunrise Special Lunch 1 p.m.: Special Program	31 8:15 a.m.: Walking Club 9:15 a.m.: YMCA Yoga 1 – 5 p.m.: Blind Faith School

Shuttle bus hours



Monday through Friday 6:40 a.m. to 9:40 p.m.
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Village Center Hours

Monday through Thursday 9 a.m. to 9 p.m.
Friday 9 a.m. to 5 p.m.
Saturday and Sunday 9 a.m. to 2 p.m.

The Friendship Heights Village Center is open to everyone. People who live or work in the Village are especially welcome.

Special lunch features pot roast and folk songs

This month's Special Lunch, will be held on **Friday, Jan. 30, at 12:15 p.m.** Lunch will be pot roast with gravy, red-skinned potatoes, green beans, salad, and pound cake for dessert. The cost is \$6, which must be paid when your reservation is made. Please reserve your seat by Wednesday, Jan. 28.

After lunch, please stay to enjoy a special program entitled “Preserving Our Traditions: Folksong Treasures at the Library of Congress,” **1 p.m.** See page 5 for details.



classes and clubs

PRE-REGISTRATION IS REQUIRED FOR ALL CLASSES.
PARTICIPANTS MUST PAY FOR THE FULL SESSION. NO REFUNDS AFTER CLASS BEGINS.

NEW CLASSES

BONES FOR LIFE

This session includes a **BONUS CLASS** on Sunday, Jan. 4. Stand tall and add a spring to your step with *new* weight-bearing exercises that promote healthy bones. Perk up with relaxation and breathing techniques, based on the Feldenkrais Method. The 5-week series meets Sundays from 11:30 a.m. to 1 p.m., beginning with a **FREE CLASS** Jan 4. Cost for the next 4 classes is \$45. Last class is Feb. 8 (no class on Jan. 25). The instructor, Hedy Ohringer, is certified to teach Feldenkrais and Bones for Life. All classes are designed for new students and alumni, too.

CHINESE BRUSH PAINTING

A 10-week class taught by Helene Sze McCarthy begins Feb. 5. Meets Thursdays from 1 to 3 p.m. Cost is \$72 for 65 and over; \$120 for all others. Session ends April 8.

DRAWING AND PAINTING

A 10-week course for all skill levels, taught by Doris Haskel, begins on Jan. 5. Meets Mondays from 2:30 to 4:30 p.m. Cost for the series is \$50 for residents; \$70 for nonresidents. Session ends March 22 (no class on Jan. 19 or Feb. 16).

MAT PILATES

A 6-week session begins Jan. 6. Meets Tuesdays from 7 to 8 p.m. The cost is \$65 for residents and \$75 for nonresidents. Minimum of 10 students required; maximum of 15. Instructor Ginger Russell has been certified in Pilates Matwork Exercises by the *PhysicalMind Institute*.

Not recommended for pregnant women or those who have compromised spinal conditions. Please bring a cushioned mat and bath towel. Last class is Feb. 10.

STRENGTH TRAINING WITH NRH REGIONAL REHAB (Monday)

A certified athletic trainer from NRH Regional Rehab in the Chevy Chase building leads a strength and conditioning class for seniors. A 10-week session begins Feb. 2. Meets Mondays at 11:30 a.m. Cost is \$50. Please register by phone at 301-986-4745. Session ends April 5. Must have a minimum of 15 students.

STRENGTH TRAINING WITH NRH REGIONAL REHAB (Wednesday)

A certified athletic trainer from NRH Regional Rehab in the Chevy Chase building leads a strength and conditioning class for seniors. A 10-week session begins Feb. 11. Meets Wednesdays at 11 a.m. Cost is \$50. Please register by phone at 301-986-4745. Session ends April 14. Must have a minimum of 15 students.

TAI CHI (Thursday)

This 6-week session begins Jan. 8. Meets Thursdays from 9:30 to 10:30 a.m. The cost is \$30. Session ends Feb. Feb. 12.

TAI CHI (Tuesday)

This 6-week session begins Jan. 6. Meets Tuesdays from 9:30 to 10:30 a.m. The cost is \$30. Session ends Feb. 10.

TAI CHI EXTRA (Tuesday)

This half-hour class is especially, but not only, for beginners. It is an opportunity to review the rudiments of Tai Chi and to receive personal instruction. This 6-week session begins Jan. 6. Meets Tuesdays from 10:30 to 11 a.m. The cost is \$15. A minimum of 12 people is required. Session ends Feb. 10.

ONGOING GROUPS, CLUBS AND OTHER ACTIVITIES

BLOOD PRESSURE SCREENING/ SUBURBAN NURSE

A Suburban Hospital nurse is on hand to offer free blood pressure screenings Tuesdays from 1 to 2:45 p.m. only. The nurse is also available for consultations Tuesdays from 3 to 5 p.m.

COFFEE AND CURRENT EVENTS

This long-running discussion group meets informally every Friday from 10:30 to noon. Led by group members.

CONCERTS

Free live music is presented every Wednesday throughout the year at 7:30 p.m. Following "Special Lunch" each month there is usually a free concert at 1 p.m. Check the calendar and concert page for each week's performance information. No registration is required. All are welcome.

GREAT BOOKS DISCUSSION GROUP

Book lovers participate in lively presentations and discussions of works, usually taken from the Great Books series. Leadership is rotated among group members. Meets Mondays from 10 a.m. to noon. Contact Jean McNelis at 301-656-6695.

HEALTH INSURANCE COUNSELING

Free assistance offered by the Maryland Cooperative Extension's Senior Health Insurance Assistance Program. Meets on the second and fourth Wednesdays of each month. Call 301-590-2819 for an appointment; walk-ins are welcome.

MOVIES

All are invited to enjoy a movie and popcorn most Thursdays at 7:15 p.m. at the Village Center. There is no cost. Movie titles are listed on the "Big Screen" page.

RSVP KNITTERS

Meets the last Tuesday in alternate months to knit, crochet and sew items to donate to the needy. Donations of washable, acrylic yarn to the Village knitters are always welcome and appreciated. Contact Donna Dahlgren at 240-777-2611 for more information.

SCRABBLE

This active group of Scrabble players meets at the Center every Thursday, beginning at 6:30 p.m. All are welcome.

SKIP

This program pairs Village seniors with kindergarten students at Somerset Elementary School. Activities occur throughout the school year.

TEA TIME

Village residents and their guests are invited to tea every Tuesday

from 3 to 4 p.m. Hot beverages, cookies and fruit are served by Village volunteers. There is no cost.

VILLAGE PLAY TIME

Children of all ages are welcome to be together at the Village Center most Thursdays from 11 a.m. to 4 p.m. Games, toys and play equipment will be set out in the auditorium for their enjoyment. Children must be accompanied by a caregiver, friend or family member over age 13.

WALKING CLUB

Leaves the center every Tuesday, Thursday and Saturday at 8:15 a.m. for a walk through a nearby neighborhood.

YIDDISH

Meets Wednesdays at 10:15 a.m. to speak and read in Yiddish. Contact Maurice Singer at 301-493-9533 for details.



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l i s t e n t o t h i s

CONCERTS ARE PERFORMED WEDNESDAYS, FROM 7:30 TO 8:30 P.M., IN HUNTLEY HALL

Wednesday, Jan. 7 —Harp and Piano Duo with Silvio Solis—Silvio Solis is an internationally known harpist, playing the Paraguayan harp. His repertoire includes offerings of a vintage blend of popular international themes from North America and South America, Europe, Asia, and Arabia.

Wednesday, Jan. 14— Machaya Klezmer—One of the area's premier Klezmer and Yiddish music groups, Machaya Klezmer returns to the Village Center. Formed in 1988, the band has mastered the feeling and dynamism of authentic Klezmer music and has duplicated that marvelous and lively sound of the famous Klezmer bands of the 1930s. The band features Susan Jones, Barbara Hess, Jay McCrensky, Fred Jacobowitz, and Brian Choper.

Wednesday, Jan. 21—Sarabande— Enjoy an evening of music of Northern Europe in the 18th century when Sarah Weiner, Sarah Davol, Michelle Roy, and Daniel

Daughtry-Weiss perform at the Village Center. The concert will feature works by Johann Sebastian Bach, George Frederick Handel, Johann H. Roman, and Dietrich Buxtehude played on historic instruments—the baroque oboe, the harpischord, and the baroque cello.

Wednesday, Jan. 28- Li-Ly Chang Pianist Li-Ly Chang was born in Taiwan to a family with roots in traditional Chinese music and arts. Her Western music training started at an early age, and at the age of eight she was invited to perform recitals by the Taiwan government. Ms. Chang has studied with some of the most noted master pianists of our time, including Leon Fleisher and Fernando Laires. She has given recitals and performed concertos in Asia, Europe, and the United States. She has appeared on the Dame Myra Hess Series, in Carnegie Hall, the John F. Kennedy Center for the Performing Arts, and on series in Roosevelt Hall, Shriver Hall, and Strathmore Hall.

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t o y o u r h e a l t h

Respiratory ailments: What can you do about them?

Dr. Michael Solomon is a pulmonologist who will describe a variety of conditions and diseases that have a direct effect on the lungs at this month's Suburban lecture on **Wednesday, Jan. 14, at 1 p.m.** in the Village Center. The discussion will include prevention and treatment for chronic obstructive pulmonary disease and other respiratory ailments.

There is no cost for the lecture, but please call 301-656-2797 to let us know if you plan to attend.

Two new classes from the Y begin this month

The Bethesda-Chevy Chase YMCA will offer two new fitness classes this winter at the Village Center. "Dance N' Tone" features easy-to-follow choreographed dance aerobics and a muscle toning and flexibility segment. It will be taught by Jacki Rockwell and offered Tuesday and Thursday evenings from 6 to 7 p.m. Hatha Yoga will increase your energy, stamina, muscle strength, and flexibility. It will be taught by Marisa Vargas and offered Saturday mornings from 9:15 to 10:15 a.m. A free demonstration of Hatha Yoga will take place Jan. 3, at 9:15 a.m. (do not eat for two hours before class, wear comfortable clothing, and bring a blanket with you). For more information about these classes, please pick up a registration flyer at the Village Center front desk or call the Y at 301-530-3725.

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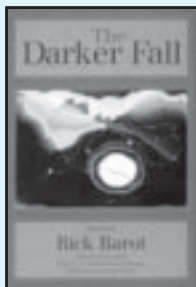
Katchman **E**der



Café Muse presents...

This month's Café Muse, on **Thursday, Jan. 15, at 7:30 p.m.**, presents poets Rick Barot & David Gewanter.

Rick Barot is the author of *The Darker Fall*, which won the 2001 Kathryn A. Morton Prize in Poetry. He attended the Writers' Workshop at the University of Iowa and was a Wallace E. Stegner Fellow and a Jones Lecturer in Poetry at Stanford. In 2001, he received a poetry fellowship from the National Endowment for the Arts.



David Gewanter is the author of *In the Belly*, for which he received the John Zacharis first book award from Ploughshares, a Witter Bynner fellowship, and Whiting Writer's Award. His newest book, *The Sleep of Reason*, was a finalist for the James Laughlin Award.



Attending poets are invited to participate in an open reading that concludes the Café Muse program. A sign-up sheet will be available at 7 p.m.

Café Muse is presented by the Village of Friendship Heights and The

Word Works, a nonprofit literary organization that has published contemporary and sponsored public programs for more than 25 years. The evening is free, but please call the Village Center at 301-656-2797 to let us know you are coming.

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Watch your step this winter

As winter bears down on the Washington area and the skies darken earlier, watch out while walking around the neighborhood.

To avoid unexpected slips and spills, be a smart pedestrian and consider the following safety tips provided by the National Highway Traffic Safety Administration:

- *Bending your knees a little, and taking slower steps can greatly reduce your chances of falling
- *If the sidewalks and walkways are impassable and you have to walk in the street, walk against traffic and as close to the curb as you can.
- *Proper gear is a must. Consider wearing a brightly-colored scarf or hat or reflective gear. Don't forget gloves and shoes or boots with non-slip soles.
- *Snow that has accumulated into drifts can muffle the

sounds of approaching motor vehicles. Wearing hats and scarves that cover your ears can also distort or even eliminate these sounds. Keep warm, but make sure you can hear what's going on around you.

*If you can, shop before the storm hits! If you have to shop, don't buy more than you can easily carry. Remember, the streets may be slippery and carrying heavy packages can impair your balance.

*When traveling with babies or small children, make sure they are dressed in brightly colored or reflective clothing. If you have to push a stroller or walk in the street, the child should be in front of you and as close to the curb as possible.

*Because of road conditions, motorists may not be able to stop at traffic signals or slow down for pedestrians. Before you step off of the curb into the street, make sure that any approaching vehicles have come to a complete stop.



Friendship Heights

VILLAGE NEWS

Friendship Heights Village Center
4433 South Park Avenue
Chevy Chase, Maryland 20815

Check out our website:

www.erols.com/friendshiphtsvillage

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January 2004 events calendar